



Sexual Health Education Grades 3-4

Sexual Health Education Curriculum Grades 3-4

The following lessons have been created to meet the sexual health education needs of students in 3rd and 4th grade.

Alignment with National Standards

Chicago Public Schools (CPS) and the Office of Student Health and Wellness (OSHW) have created this lesson sequence to align with the National Sexuality Education Standards (NSES) that were developed by the Future of Sex Education (FoSE). Lessons address standards in the topic areas of; anatomy and physiology, identity, pregnancy and reproduction, healthy relationships, and personal safety. The NSES provides a framework to address the essential minimum requirements for comprehensive sexual health education. By addressing each of these standards within the context of the following lessons, CPS ensures that key components of student's health and development are addressed.

Standards met within the context of individual lessons are listed at the top of each lesson plan. Further tracking by standards can be found within the *NSES Tracking by Grade Level* tool.

Meeting CPS Policy

In compliance with CPS Sexual Health Education Policy, the lesson sequence for grades 3- 4 are; developmentally appropriate, support improved health outcomes for all students, focus on health promotion and risk reduction, are medically and scientifically accurate, holistic in approach, and consistent with state laws.

Through the use of essential classroom based lessons and activities, extended activities, and recommended resources, the lessons in this section succeed in meeting the minimum 300 minutes requirement for grades 3-4.

The lesson plans for grades 3-4 cover key concepts required to meet the national standards listed at the top of each lesson plan. The accumulation of these lesson plans may **not** meet the total minutes required per grade per year. Extension Activities outlined at the end of some lesson plans build upon key concepts through group work, individual projects, group reading, and take-home activities that engage parents / guardians in the learning process. **All Extension Activities are optional** however some may be needed to fulfill minute requirements. Educators should use the *Minutes Tracking by Grade and Topic Area* tool to assess whether the extension activities are needed to meet minimum teaching minute requirements.

Materials

Materials required for the completion of grades 3-4 lessons include books and videos. Books required for the lessons and Extension Activities are available through Chicago Public Libraries and/or for checkout from the Office of Student Health and Wellness by contacting SexualHealthEd@cps.edu.



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Videos are available on Safari Montage or for checkout from the Office of Student Health and Wellness by contacting SexualHealthEd@cps.edu.

Internet Safety Policy Alignment

Common Sense Media is the adopted CPS curricula supported by the Office of Education Tools and Technology and fulfills CPS Policy 12-0627-PO2 and the Child Internet Protection Act. Common Sense Media lessons build on key concepts conveyed in the Sexual Health Education curriculum. Common Sense Media topics reinforce NSES and aid instructors in meeting the required teaching minutes outlined in the CPS Sexual Health Education Policy.

Prior to beginning education, educators should register for FREE access to Common Sense Media Curriculum at www.common sense media.org. The full scope and sequence of the curriculum can be found under the Digital Citizenship link under the Educators dropdown menu on Common Sense Media's homepage. Educators are encouraged to review the site and make use of additional teaching tools to fulfill CPS Policy 12-0627-PO2 and augment sexual health education.

Lesson Sequencing

It is recommended that lessons be implemented progressively by unit and grade as outlined below. However, based on the educator's assessment of baseline student knowledge on key topics and subjects, lessons from previous or subsequent lessons may be used to supplement the recommended unit. **All grade levels and lessons are available to all teachers for use.**

Units and Lessons

The following lessons comprise the grades 3-4 Sexual Health Education curriculum:

3rd Grade

Lesson 1: Respecting Myself and Others – Students will learn concepts of respect for others and self-respect. Students will practice communicating respectfully.

Lesson 2: Building Relationships – Students will examine traits of healthy and unhealthy relationships.

Lesson 3: Building Communities/Strengths and Struggles (optional) – Students will examine their own strengths and struggles, and how they can use their strengths to create a healthy classroom community.

Lesson 4: Bullying – Students will learn how they can be leaders against bullying in their classroom community.

4th Grade

Lesson 1: What is Puberty – Students are introduced to the physical, social, and emotional changes of puberty.

Lesson 2: Puberty Boy, Puberty Girl – Students are split into groups of boys and girls to learn about the physical changes of puberty specific to males or females.



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Lesson 3: Puberty Stress Management and Goal Setting – Students will learn techniques to manage the stresses of puberty and set goals for the future.

Lesson 4: Germs and Your Immune System– Students will identify difference between bacteria and viruses and will learn how the immune system keeps the body safe from infection.

Lesson 5: What is HIV? (optional) – Students are introduced to HIV as a bloodborne virus, and learn universal precautions for protecting themselves from bloodborne illnesses.

Evaluation

Students in grades 3-4 are evaluated based on their understanding of key concepts, vocabulary, and facts from the lessons. Each lesson provides points of evaluation for educators to consider. Unit tests for each grade level provide a quantitative evaluation of student knowledge.

Lessons Written By

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Sources:

Puberty Quick Lesson Grades 4-6. Teachingsexualhealth.ca. Retrieved from <http://teachers.teachingsexualhealth.ca/about-us>